

ABSTRACT OF THE DISCLOSURE

The safety harness assembly has a body harness securable on the user's torso or sewn into an article of clothing. Shoulder straps of the body harness are provided with resilient elastomeric band inserts that increase shock-absorbing properties of the harness. Resilient elastomeric shock-absorbing suspender assembly is fixedly secured to the shoulder straps at the front and the back of the straps. A lanyard is detachably securable to a D-ring located at a cross-point of the shoulder straps in the back and to the suspender assembly. The three-point safety shock-absorbing harness allows retaining the user in a vertical position during an accidental fall.

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